**6.1 Kinetic Energy and Speed**

**GRADES 6-8**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Hit Type** | **Trial 1** | **Trial 2** | **Trial 3** | **Average Velocity** | **Mass** | **Kinetic Energy****(Calculated) K=1/2 MV2** |
| **Set** |  |  |  |  |  |  |
| **Serve** **(Underhand)** |  |  |  |  |  |  |
| **Serve****(Torque)** |  |  |  |  |  |  |
| **Serve****(Overhead)** |  |  |  |  |  |  |
| **Bump** |  |  |  |  |  |  |

 **Graph the Kinetic Energy of each hit:**

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**Why do some hits in volleyball have more kinetic energy than others? (Support your claim with evidence and reasoning).**